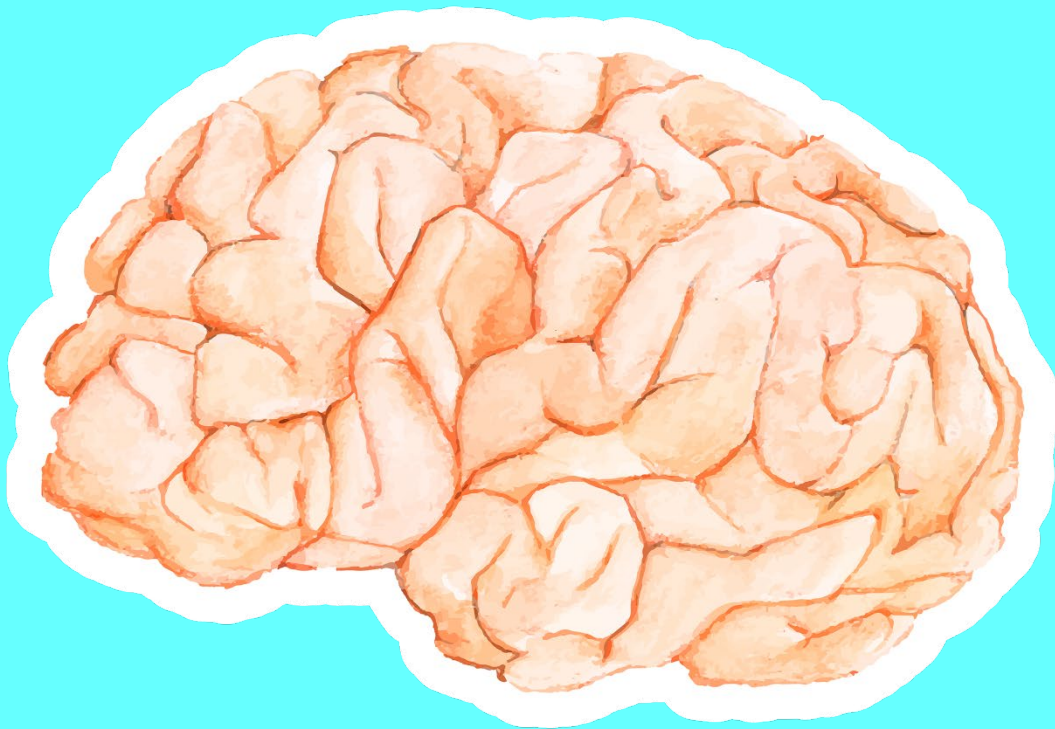


10 strategies to help kids struggling with executive functioning skills.

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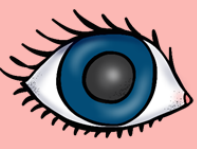


#1 Start the day in a calm way. Help kids and teens ease into the day with a mindful morning practice.



Mindful Morning 



5	Slowly take five deep breaths.	
4	List four things you can see or notice around you.	
3	List three things you are grateful for.	
2	Say two positive self-talk statements to yourself.	
1	Name one thing you are looking forward to today.	

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#2 Teach and practice routines.

More routines can help kids lower stress, improve focus, and improve productivity.



#3 Use “think time.”

Give a pause after asking a question. This gives all learners a chance to process information.



#4 Practice positive self-talk. Help teach kids and teens to motivate and encourage themselves with positive self- talk.

Name: _____

Date: _____

MY POSITIVE THOUGHTS & AFFIRMATIONS

List some positive thoughts and affirmations you can say to yourself.

#1	There is no one better to be than myself.
#2	I am enough.
#3	I can make a difference.
#4	I am proud of myself.
#5	Today will be a great day.

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**#5 Give concise directions.
Eliminate the extra words from
your instructions to help be
clear and to the point.**



**#6 Give brain breaks.
All kids need a break
sometimes, but especially kids
and teens with EF challenges.**



**#7 Give organization time.
Schedule in 5- or 10-minute
breaks to just get organized
for the day.**



#8 Practice problem-solving.
During the last few minutes of
class, discuss a real-life
scenario. Have kids discuss
what they would do and why.



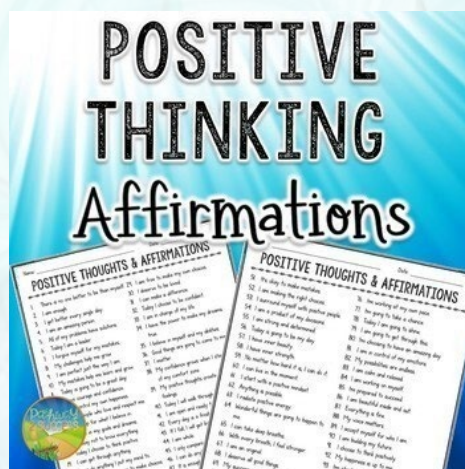
**#9 Teach skills explicitly.
Help empower learners by
teaching them about EF skills
and how to improve them.**



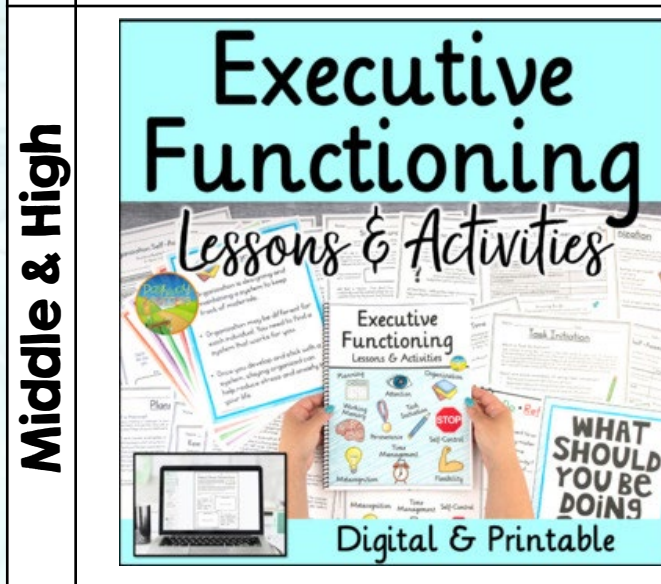
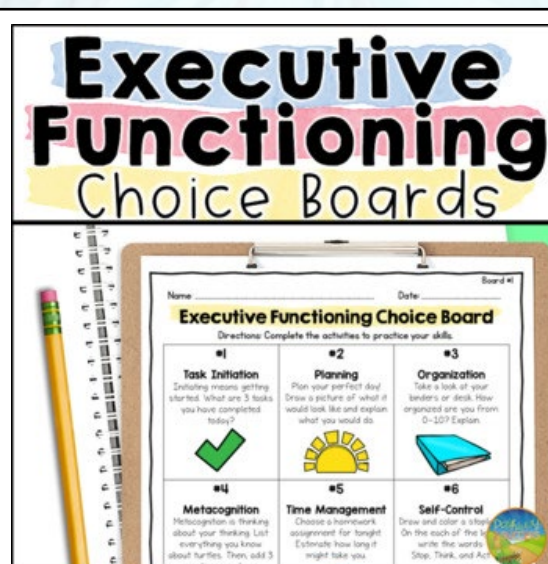
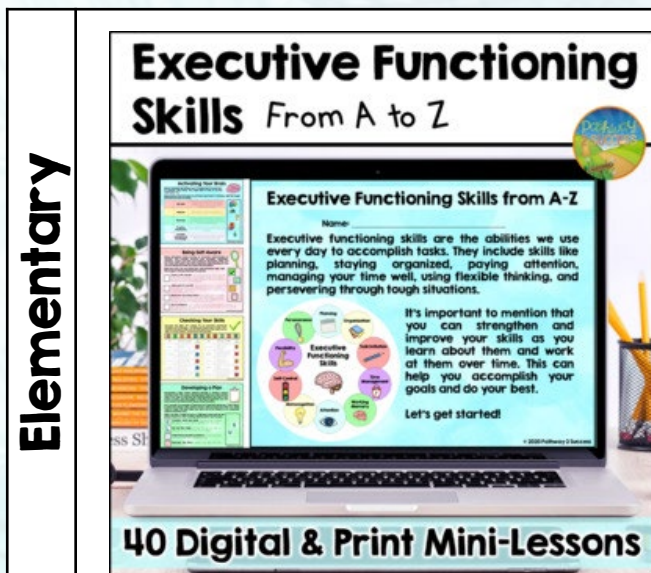
**#10 Use read-alouds.
While reading short stories,
discuss EF skills like self-
control, flexibility, planning
and perseverance.**



Activities Seen in This Guide:



More Resources:



Articles

Click on any of the links below for free articles. More information can be found at www.thepathway2success.com/executive-functioning-skills/

Understanding Executive Functioning Skills	15+ Executive Functioning Strategies Every Teacher Can Use	25+ Everyday Ways to Build Executive Functioning Skills
Helping Kids Who Struggle with Executive Functioning Skills	5 Daily Struggles for Kids with Executive Functioning Challenges	Games to Improve Executive Functioning Skills
Interventions for Attention Skills	Interventions for Organization Skills	How to Integrate Executive Functioning Skills in the Classroom
Parent Support for Executive Functioning Skills	Digital Executive Functioning Tools and Activities	10+ Phrases to Avoid Saying to Learners with Executive Functioning Challenges

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• About the Author •



Kristina Scully is a special educator and curriculum specialist with over 13 years' experience in the education field. She has a bachelor's degree in special and elementary education from the University of Hartford, and a master's degree in special education from the University of St. Joseph. She has worked extensively with kids and young adults with social-emotional needs, learning disabilities, autism, executive functioning challenges, and more.

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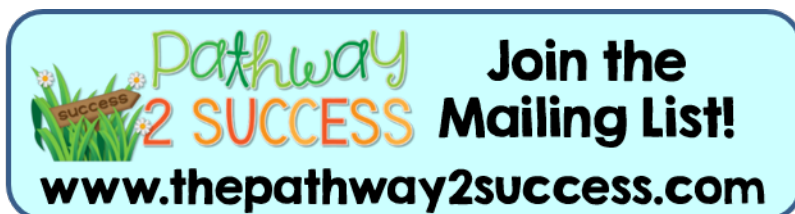
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